



Training Schedules Tuesday September 4th to Thursday October 25th 2018

Please find below the Training Schedule for the next 8 weeks. Before the summer light disappears, we have planned an Oregon Circuit Session on September 18th

Many of you will remember this from last year. There will also be a new hilly session on October 9th, further details to follow.

The coaches welcome feedback on sessions and ideas for improving them so please let us now if you have any comments or suggestions.

Please remember high viz clothing is compulsory for all training sessions in the autumn / winter months.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 4 September	Thurs 6 September	Tues 11 September	Thurs 13 September	Tues 18 September	Thurs 20 September	Tues 25 September	Thurs 27 September
Details of Session	Intervals 2 circuits = 1 set Fast: 6 Medium: 5 Steady: 4 Recovery =1.5 min's	Hilly Circuit at far end of enclosure Fast: 6 Medium: 5 Steady: 4 Recovery =1.5 min's	Pyramids 30,60,90,90,60,30 X 3 30 secs between intervals and 1.5 – 2 min's between sets	Hilly Circuits 2 Groups F/M 5 x 5 min's. M/S 4 x 5 min's. Recovery: around wooded area	Oregon Session Session still to be finalised	Hilly Circuits Fast: 6 Med: 5 Steady: 4 Recovery: 1.5 – 2 min's Single laps	Timed efforts 30 secs 45 secs 60 secs = 1 set Recovery back 60 sec's 75 sec's 90 sec's All groups 4 sets Between sets 1.5 – 2 min's	<u>Back on the Road</u> Hilly 1 mile circuit F/M - 5 M/S - 4 Distance Recovery
Session location	The Oblong in Fawley Enclosure For a shorter run out consider parking at Dibden Enclosure, but please contact the coach taking the session	Fawley Enclosure For a shorter run out consider parking at Dibden Enclosure, but please contact the coach taking the session	Aldermoor Field (past Ipley bridge on right hand side)	Big Dipper. Dibden Enclosure	Shore Road Playing fields, Hythe	Horestone Hill, Dibden Enclosure	At the top of Horeston Hill , Dibden Enclosure Meet at the start of the gravel track (field end)	Hollybank Crescent, Hythe (Near fish and chip shop)
Training Emphasis	Speed Endurance	Strength Endurance	Speed	Strength Endurance	Circuits	Speed Endurance	Speed Endurance	Strength Endurance
Coach	Steve	Ian	Andy	Chris	All Coaches	Ian	Andy	Chris



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2.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 2 October	Thurs 4 October	Tues 9 October	Thurs 11 October	Tues 16 October	Thurs 18 October	Tues 23 October	Thurs 25 October
Details of Session	Kenyan Hills 5 Increments F/M: 5 M/S: 4 Distance Recovery along Dale Valley Road	Pyramids F/M: 123454321 M/S: 12344321 Distance Recovery	Continuous Circuits with a Long Hill. Fast / Medium 5 / 4 Medium / Steady 4 / 3 (long run out please contact coach for alternatives). NB Bring head torch	Long Circuits Fast: 5 Medium: 4 Steady:3 Recovery 1.5 – 2 min's	Hills: Increasing Pace Using 4 lamp posts as markers : Fast : 5 Medium:4 Steady : 3 Distance recovery around Roman Way	"Figure of 8 Circuit" Fast: 6 Medium: 5 Steady: 4 Change of pace from 10k to 5k Set distance recovery between efforts	Hills 4 x 45 secs = 1 set All groups 3 Sets 60 secs recovery between efforts and 1.5 mins between sets <u>Long Run Out</u>	Continuous Efforts 400m with 400m recovery & 200m with 200m recovery = 1 set Fast: 6 Medium: 5 Steady: 4
Session location	Malwood Road West, Hythe	Wellington Close, Dibden Purlieu	Rosebery Avenue , Hythe	Water Lane, Lime Walk, Noads Way	Nash Road Dibden Purlieu.	Beverley Road, Heatherstone Avenue	Roseberry Avenue, Hythe	Noads Way/Lime Walk Circuit. Dibden Purlieu
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Strength Endurance	Strength Endurance	Strength Endurance	Strength Endurance.	Speed Endurance.
Coach	Chris	Ian	Andy	Chris	Steve	Ian	Andy	Chris